

HOW TO INSTANTLY FEEL BETTER



Overthinking:
Write



Tired:
Nap



Anxious:
Meditate



Sad:
Exercise



Stressed:
Go for a Walk



Angry:
Listen to Music



Lazy:
Reduce Screen Time



Burn Out:
Read

Guide To Feeling Better

Michal Rosen-Zvi



Guide To Feeling Better:

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